



TRANQUILITY OF THE HEART



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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



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الْحَمْدُ لِلَّهِ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَأَصْحَابِهِ أَجْمَعِينَ.
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ. بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ.

قال الله تعالى: **الْأَبْدَانُ لِلَّهِ تَطْمَئِنُّ الْقُلُوبُ** {الرعد ٢٨}

وقال الله تعالى: **قُلْ إِنْ كَانَ آبَاؤُكُمْ وَأَبْنَاؤُكُمْ وَإِخْوَانُكُمْ وَأَزْوَاجُكُمْ وَعَشِيرَتُكُمْ وَأَمْوَالٌ اقْتَرَفْتُمُوهَا وَتِجَارَةٌ تَخْشَوْنَ كَسَادَهَا وَمَسَاكِنُ تَرْضَوْنَهَا حَبَّ إِلَيْكُمْ مِنَ اللَّهِ وَرَسُولِهِ وَجِهَادٍ فِي سَبِيلِهِ فَتَرْتَصِفُوا حَتَّى يَأْتِيَ اللَّهُ بِأَمْرِهِ ۗ وَاللَّهُ لَا يَهْدِي الْقَوْمَ الْفَاسِقِينَ** {التوبة ٢٤}

صدق الله العظيم

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ.

Respected elders, brothers, mothers and sisters of the Muslim Ummah!

We all wish for a peaceful, contented life and thus, day and night we work hard for it. Each one of us has set up in mind, a list of things upon the attainment of which, we believe, contentment and peace shall find us. And so be it man or woman, everyone has their own idea of how to achieve tranquillity and is stuck in a wild chase as if it were a bird that flew away.

Individuals in Agitation

It seems each one of us has a life filled with obstacles and upon listening to the story of the other, a person realises it is much more troublesome than his own. Everyone's distress appears greater in comparison and yet, we still believe we will find peace through ridiculous ideas and materialistic goals.





It is as if how a child believes that adulthood shall give him authority and ease all his problems automatically. He has this idea that growing up will make a huge difference. And yet when, grown-up, he is asked the reason behind his sadness, he mentions it's due to the lack of a suitable partner. He thinks life shall finally take a turn for the better if he finds someone to spend the rest of his life with. When couples are asked why they aren't happy, they say it's due to the lack of an offspring and when parents are questioned about their unhappiness, they complain about disobedient children and their unsatisfactory academic scores. They have this idea that their happiness depends upon the success of their children. And yet, there are children with excellent grades and degrees, but because of their unemployment, the parents cannot rest assured. And so it goes from there to the unavailability of a proper spouse/marriage proposal and to the spouse not being good enough. And so on.

Worldly Objects Grant No Peace

Peace has been sought by man in monetary wealth, spacious houses, posh areas of society, status, property, luxury, sinful acts, drugs, alcohol, illicit desires and what not. Instead of the one thing truly desired, troubles and problems only reached a higher level. If one somehow comes to an end, there's another ready to take the position. Everyone is in a state of restlessness, from which, there seems to be no escape route.

Understanding the Problem

My dear fellows, the root cause of this mayhem is that we do not understand the real problem and thus, haven't been able to find its solution.





Sickness, short height, weakness, poverty, etc., cannot be defined as misfortunes. These are beyond our control and have happened to almost everyone in this world. This is how life's supposed to be; we might not be able to escape them but they're not our misfortune. These things are the reasons for our distress. The problem isn't being aware of it, but it is identifying and accepting the causes.

The Causes of Agitation

Agitation and its causes, and misfortune and its causes are separate things.

There are things that provide contentment; a good spouse, a nice place to live in, a well-functioning vehicle, etc., but they do not always offer tranquillity. The reasons for peace, and peace itself, are different elements. We may think we have attained all the 'things' that provide contentment, but peace still may not reach us.

Similarly, my friends, the presence of problematic signs doesn't entirely mean a person is facing a problem.

Do Not Be Anxious In Misery

The matters of the world are beyond our control and so, we shouldn't fret over such happenings. Allah says:

الْآنَ أَوْلِيَاءَ اللَّهِ لَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

Now surely the friends of Allah ﷻ they shall have no fear nor shall they grieve.

[The Holy Quran: Surah Yunus: Verse 62]

These people do not fear; they do not grieve. How? Are





there no illnesses, tragedies or obstacles that fall over the friends of Allah?

Ordeals Do Befall Over the Pious

Pious people who are close to Allah, are tested with many more difficulties as compared to normal people. But that doesn't make them falter. Allah wants us to understand; these people have such firm control over their hearts that the trials have no effect whatsoever.

Pleasure in Obeying the Beloved

Let's take a look at an example.

When the beloved asks for something to be done; no matter how difficult, tiresome and exhausting the task is, his lover does it with much enthusiasm. And upon inquiry, he admits to enjoying it despite how nerve-wracking it is. He is happy, knowing that his beloved remembers him.

Embellishing the Heart with Love for Allah

If the heart becomes righteous and the love for Allah takes over, a person takes obstacles as moments to indulge in the remembrance and praise of Allah. To him, these times are opportunities to get closer to the Creator, prove his love for Him and earn His satisfaction.

Troubles are a part of life— there are ups and downs. A person who has a firm belief in Allah doesn't let these times control him. He doesn't let them affect his heart and that's how, even in the most critical situations, he is neither anxious nor depressed.





Who are the Victims of Depression?

The victims of depression are mostly people who have neglected and severed their connection with Allah ﷻ those who have forgotten Him.

The truth is that if a person constantly indulges in sins and acts that displease Allah, his heart grows weaker and weaker with time; Due to which he is unable to face problems or difficulty with rationality and strength. Unable to stop himself from worrying about trivial things, he falls into depression and is always entangled in worries and self-constructed sorrows.

Allah's Love Strengthens the Heart

The more the heart loves Allah, the stronger it becomes. Even if the situation is very grave, the heart easily overcomes every obstacle that comes its way. It can endure anything without much difficulty.

The Secret to a Contented Life

To live a life full of contentment and peace, there's no need for luxury; no need for storing materialistic things present in this world. What is actually needed is the cleansing of one's heart. Once the heart changes for the better, everything else shall follow suit. He will still face difficulties; sickness, financial instability, disobedient children, troubled family lives, dissatisfied people and their taunts, everything will still be the same, but his heart will not be discontent. The ups and downs, hurdles and obstacles will still be there in various forms but times of trial won't be able to infect negativity in his life. Because he knows that everything is controlled by none but Allah and even if it doesn't seem easy or beneficial, it indeed has something good hidden inside, which only





Allah is aware of. He becomes content with whatever has been chosen for him by Allah and that is how despite being in critical situations, his heart remains at peace.

This, my friends, is the true path which leads to contentment.

الْأَبْدَانُ لِلَّهِ تَطْمَئِنُّ الْقُلُوبُ

Unquestionably, by the remembrance of Allah, hearts are assured.

[The Holy Quran: Surah Ra'ad: Verse 28]

Leading life according to the instructions of Allah (Holy Quran) and for the attainment of His pleasure, is how hearts are able to find true peace.

Things That Cause Distress:

There are three main elements that cause distress in most people.

1. Competition

The primary source of distress for most people is the need to compete with others in worldly matters. The desire to surpass others, to be better, to have a better job and salary, live in a bigger house, have a better lifestyle, education, health benefits, etc., has extremely negative effects on a person's mental and emotional health. One is caught in an endless struggle because no matter how much someone is able to achieve, there is always another who has more. It is a battle where no one can win, despite putting in all his life's worth of hard work, and after a life of continuous struggle and chasing after more, more and more, one ends up exhausted, ungrateful and restless even when he is amongst the privileged. This never-ending race that he needs to win leads him to his doom and that's precisely why a major part of our society suffers from depression





and despair. This is a disease that kills a person from the inside, leaving not much difference between him and the physically dead.

Almighty Allah has blessed us with a cure which is mentioned in the Holy Quran.

Quranic Cure for Despair

لَا تَقْنَطُوا مِنْ رَحْمَةِ اللَّهِ

Do not despair of the mercy of Allah.

[The Holy Quran: Surah Az-Zumar: Verse 53]

Why engulf our hearts with despair?

Bow down your head to Allah and ask for His hell, guidance and blessings. Ask for His mercy, and His help in being grateful and content with the bounties He has given. Look towards people who have less than you, rather than those who have more. Look towards the people who are rich in deen, instead of those who are rich in Duniya. Stop running in this race and ask yourself if it is truly worth it to spend your time and energy on a world that will soon end, and not on the world where you will live forever.

All we need to do is contemplate, and ask for His help, and by His Grace, everything shall be taken care of.

2. Jealousy

The second thing which keeps man restless is jealousy.

What is jealousy?

It is when instead of being happy for someone's happiness and success, one feels as if there is a fire burning in their core. The fire of hatred. Hatred when seeing someone do better, achieve better, have better, etc. It is present in both men and women, but has a greater hold on the latter, and is the reason why





uncountable households have gradually fallen apart.
The Prophet Muhammad ﷺ said;

إِيَّاكُمْ وَالْحَسَدَ فَإِنَّ الْحَسَدَ يَأْكُلُ الْحَسَنَاتِ كَمَا تَأْكُلُ النَّارُ الْحَطَبَ

Avoid envy, for envy devours good deeds just as fire devours fuel or (he said) "grass."

[Sunan Abi Dawud 4903: Kitab Al-Adab: Hadith 131]

The victim of jealousy remains discontent. Whenever he sees other people happy or successful, his blood keeps boiling, because he is not happy with Allah's decision of awarding goodness to someone else instead of him.

The Cure for Jealousy

Hazrat Thanvi (may Allah be pleased with him) told us the cure. He said; if someone wants to cure his jealousy (which is indeed for his own benefit), the first thing he should do is to praise the person he is jealous of, in the company of others.

This is definitely not easy, my friends, because one is always in search of ways to defame the other person, to showcase the other person's flaws. But this is why one should praise instead. It will be very difficult for the heart but this is something which shall cure it of jealousy.

The second thing to be done is, whenever he meets the one he is jealous of, he should be the first to greet him (say Assalam-o-Alaikum), and thirdly, he should sometimes give Hadiya to that person. Fourthly, one should pray to Allah for the other's success, betterment and prosperity.

Allah-o-Akbar! (Allah is the Greatest)

Hazrat Thanvi was known as Hakim-ul-Ummah and Allah had bestowed him with the knowledge of cures that truly worked on the heart.





Thus, he mentioned four things which could completely cleanse the heart of hatred and jealousy. And not just that, do you know what will happen if you pray for the other in seclusion and without their knowledge?

It is mentioned in one Hadees, that if someone prays to Allah to grant a person with some blessing, the angels in turn pray to Allah ﷻ to give that same blessing to the one who is praying as well. So if you are jealous of someone's wealth, and pray to Allah to enhance his wealth even more, angels will pray for you and Allah will increase your wealth as well.

Subhan Allah! This is the way to take blessings from Allah; not by plotting and planning against other people, letting your hatred flourish and destroying your deen in the process

3. Holding Grudges

The third thing responsible for distress is holding a grudge. When a person (accidentally or purposely) harms another person, the victim does not forget or let go, sometimes even after the other has sought forgiveness from him. This is holding a grudge.

The cure for this is that one should desire betterment for everyone, which won't let malice come near him. Because if he wishes the best for all, it will prevent his heart from developing malicious desires for the downfall of others and thus, he will be safe.

Mostly, these are the three reasons for distress in our society.

So, what's the solution?





The solution is really easy and holds the power to evaporate all the troubles and difficulties.

It is to strengthen the bond with Allah; to be close to Him.

The Way to a Peaceful Life

My friends!

If we want to live a contented life in this world, the only way is to grow our connection and love for Allah Almighty. Because when these two things are strong, the bad circumstances of life do not seem that bad anymore.

The Pious Stay Happy Even In Trial

It is mentioned in Hadees, that one companion of the Prophet ﷺ got hit by an arrow at the Battle of Uhud and started to bleed severely and at that crucial moment, the words that came out of his mouth were: "I swear by Allah, I have succeeded!"

A non-Muslim couldn't understand why at such a harsh moment; where the companion was dying, leaving his family and wealth; he could be so happy. He asked another Muslim what the companion was so ecstatic about and the Muslim told him that he wouldn't understand until he develops the same faith and love, a Muslim has for Allah.

Similarly, we cannot understand how a person can be happy even when he is facing a difficulty, how he can be content in times of crisis. Is it possible? Indeed it is possible! But only when we turn our hearts to Allah and strengthen our connection with Him.





Allah mentions in the Holy Quran:

الْأَبْذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

Unquestionably, by the remembrance of Allah, hearts are assured.

[The Holy Quran: Surah Ra'ad: Verse 28]

Allah ﷻ has said that His remembrance, obedience of His commands, following the Quran, will make our hearts content. It is as clear as to how a day begins with sunrise.

The Truth of Obstacles Faced By the Pious

We have witnessed obstacles and trials fall over the pious people of Allah. The example of which I shall provide in this way: An old friend arrives after many years to meet me and pulls me into a tight embrace from the back. A third person who is watching, will say that I am in pain. But when I turn around and see my friend, it will make me very happy. The pain I felt when I was squeezed would no longer be relevant as it will turn into ecstasy and delight. This is precisely what happens to the people of Allah. They perceive problems as if it were Allah's love for them and thus, their own love for Allah grows further, which is why they are able to stay calm. Their hearts get filled with tranquillity.

Allah says,

الْآنَ أَوْلِيَاءَ اللَّهِ لَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

Now, surely the friends of Allah— they shall have no fear nor shall they grieve.

[The Holy Quran: Surah Yunus: Verse 62]

There are reasons for grief, fear, problem, distress and pain but there's no grief, no fear, no problem, no distress and no





pain. Because Allah has let peace enter their hearts, they neither feel agitated nor sad.

Yes, there is a normal, occasional restlessness that the pious also feel, because that is the nature of man. But this never becomes an issue to the pious people; it never becomes their state of life. If someone claims to be pious and to be constantly distressed at the same time, there's definitely a mistake: the person is not pious. We can be wrong but Allah is never wrong. We associate piety with offering prayers and refraining from harming others. Although these are good deeds, they do not define piety.

What Is true piety?

Don't offer prolonged voluntary prayers, Tahajjud, non-obligatory fasts, etc., but do one thing which is a must. Do not disobey Allah, do not break Allah's rules and regulations. That is the path to true piety, to becoming a friend of Allah. Because the sign Allah has mentioned about His friends, is:

الَّذِينَ آمَنُوا وَكَانُوا يَتَّقُونَ

Those who believed and were fearing Allah.

[The Holy Quran: Surah Younus: Verse 63]

The friends of Allah do not indulge in sins. They may not stand in prayer all night, fast voluntarily every other day, but they do not sin intentionally. If someone is truly pious, he is not sinful. And if you are a regular sinner, then do not claim that you are pious.

Because pious people are not restless, and sins fill a person's heart with discontent and restlessness. As long as a person does not actively avoid sinning, Allah will not let peace and tranquility enter his heart.





The Quality of Virtue

The quality of virtue isn't due to an abundance of prayers. It is due to taqwa, i.e. the fear of Allah. The more one prospers in taqwa, the more virtue he has and Allah rewards him with extraordinary wealth. Allah enlightens his heart.

This can be understood with the example, if I hang a mirror on a wall in front of me, it will enable me to see who is coming through the door despite having my back towards the entrance. Whatever that I see in the mirror, human, animal, or otherwise, I will recognise.

Similarly, when a man prospers in piety, Allah puts a mirror in his chest, in which the person is able to see the reality of others; if they are good or bad, right or wrong. He is able to differentiate between good and bad, virtue and sin, and is able to stick to the right path. Because of this mirror, the man is able to recognise what an ordinary person cannot.

The Prophet ﷺ said;

اتقوا فراسة المؤمن؛ فإنه ينظر بنور الله

“Be aware of the Momin’s vision for he is able to see through the Divine Light of Allah.”

[Haya Uloom-ul-Deen, Volume 2, Page 406, Daar-ul-Khair]

Allah Almighty says:

يَا أَيُّهَا الَّذِينَ آمَنُوا إِن تَتَّقُوا اللَّهَ يَجْعَلْ لَكُمْ فُرْقَانًا

O you who have believed, if you fear Allah, He will grant you a discretion.

[The Holy Quran: Surah Al-Anfal: Verse 29]

Abandon sins and you’ll be granted a mirror in the form of Furqan. Just like how the Holy Quran is a mirror that differentiates good and evil.





Allah has associated the Battle of Badr with Youm-ul-Furqan;

يَوْمَ الْفُرْقَانِ يَوْمَ التَّقَى الْجَمْعِ

On the day of discretion, the day on which the two parties met.

[The Holy Quran: Surah Al-Anfal: Verse 41]

In this mirror too, the good and the evil were both clearly recognised.

When a man lives a life full of piety and refrains himself from sinning, Allah Almighty puts (Furqan) a mirror inside his heart due to which the person can clearly differentiate between the right and wrong. He is saved from what is bad and follows what is good.

Now, as we address this complaint that one can't find good people, doesn't know where to go and whom to listen to, it should be understood that this happens only when the light of the heart has died away. Those who have lost their faith and virtue, aren't able to find good people. They are more interested in the stories and lectures of those who lack faith. What they truly are, is what they feel attracted to.

If we want to spend our lives with tranquillity, collecting worldly pleasures will not provide it. That's not how it works. The only way to live a peaceful life is to turn oneself completely to Allah and work hard to enhance the relationship with Him.

There is always fluctuation in life; there are good times and bad. If one is able to fill his heart with love for Allah and let it take control, he wouldn't feel restless. He would neither feel depressed nor suicidal because of his strong connection with the Creator of the entire universe.





There is no true remedy for depression and distress, except for the Holy Quran. One can be prescribed sleeping pills, which is nothing more than an addiction. One can visit doctors and take medicines but the remedy does not lie in dunya. The true pathway to attain serenity and contentment is to become a good friend of Allah.

The Easy Way to Develop a Connection with Allah

The easiest way to develop a connection with Allah is through genuine repentance.

Repentance has a calming effect over a heavy heart, burdened by sins. It is as if all the weight has been magically removed. The person feels lighter and at peace. And as he starts working hard to increase his love for Allah, the peace inside of him grows too.

But the first step has to be repentance. There are sins that we've accepted as somewhat normal; we think we cannot escape them or perhaps we are not ready to give them up and thus, don't ask for forgiveness for them. This hinders the process of true repentance— due to which we fail at finding peace.

Let's take a look at this verse from the Holy Quran:

قُلْ إِنْ كَانَ آبَاؤُكُمْ وَأَبْنَاؤُكُمْ وَإِخْوَانُكُمْ وَأَزْوَاجُكُمْ وَعَشِيرَتُكُمْ وَ
أَمْوَالٌ اقْتَرَفْتُمُوهَا وَتِجَارَةٌ تَخْشَوْنَ كَسَادَهَا

Say, [O Muhammad], "If your fathers, your sons, your brothers, your wives, your relatives, wealth which you have obtained, commerce wherein you fear decline,

[The Holy Quran: Surah Tauba: Verse 24]

All these are things through which man believes he will find contentment. He thinks offspring, luxury, wealth, high status and a flourishing business will remove his distress. This is why





Allah mentioned all of these things. Being connected and loving them is not an issue. But if that love grows more than the love for Allah and His beloved Prophet ﷺ and one starts believing those things shall provide him true contentment, then he should wait for Allah's wrath to befall over him.

The First Sign of Allah's Wrath

The first sign of Allah's wrath is being in a continuous state of restlessness.

In the Holy Quran, Allah says;

وَمَنْ أَعْرَضَ عَن ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا

And whoever turns away from My remembrance - indeed, he will have a depressed life, and We will gather him on the Day of Resurrection blind.

[The Holy Quran: Surah Taha: Verse 124]

The one who denies what is instructed in the Holy Quran shall find his life mundane. He will remain caught in difficulties and agitation all his life. So, my friends, let's correct ourselves and mould our wills into the will of Allah.

Someone asked Hazrat Zunnoon Misri (may Allah be pleased with him) about his life.

He replied that it was all according to what he wanted.

The other was confused and asked how that could be possible.

He answered; everything that happens in this world is what Allah wills. And I have moulded my will into the will of Allah.

Tranquility of the Heart Lies in Allah's Will

If we also follow this example, the heart will remain content. No matter what occurs, it will feel as if one's own desire is being fulfilled just because his desire is all that is the desire of Allah.





The path to tranquillity is that we give away our desires for what Allah wills. Not the attainment of worldly pleasures and luxuries. Because wishes never come to an end and when one is fulfilled, another arises to take its place.

My friends! Giving up desires for Allah, bowing down and obeying Him for attaining His satisfaction, is the pathway to success, happiness, peace and contentment.

Implementing What Is Real

My friends, whenever there is agitation and difficulty in life, running towards the causes isn't the solution. Gathering the elements that are associated with it, isn't the solution. The solution is to run towards Allah. Just like how when there's an arrow thrown at someone, he doesn't turn to the bow, but towards the person who has attacked him. Because the bow is just a means, nothing more than that. Similarly, all that's happening in this world is like an element, which in reality, is all sent by Allah.

Someone asked Hazrat Musa عليه السلام; if the sky is a bow, the one holding the bow is Allah and the arrows are obstacles, how can one save himself?

(Logic dictates that if Allah is the one to attack, with the whole sky as a bow, there is no escape.)

But Hazrat Musa A.S replied; the way to escape is that one switches over to the attacker's side.

Come to Allah's Side and Save Yourself

If we want to be free of worry, distress and problems, then we must turn to Allah and revive our connection with Him.

We shouldn't say that we cannot become pious, that we





cannot offer Tahajjud at nights.

Because the easiest way is none other than repentance.

Just as Allah loves those who pray Tahajjud, keep fasts and give charity, He also says:

إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ

Allah loves those who turn in repentance.

[The Holy Quran: Surah Baqarah: Verse 222]

My friends, this is the way to tranquillity i.e. to have a strong connection with Allah. Apart from this, there is nothing in this world that can provide peace and contentment.

The only way is aforementioned, told to us by Allah.

May Allah guide us to practise more, the good that we listen and talk about.

Ameen.





BAITUSSALAM BOOK SHOPS

Baitussalam Book Shop Phase 4

Near Baitussalam Masjid, Defence Phase 4, Karachi.
Contact: 0308-2140022, +92-21-35313229

Baitussalam Book Shop Phase 6

32-C, Rahat Lane-1, Defence Phase 6, Karachi.
Contact: 0334-3093500, +92-21-35341805

Baitussalam Book Shop Phase 8

Shop No 1, C-9-0, Al-Murtaza Comm, Lane 1, phase VIII, DHA Karachi.
Contact: 0300-0508172

Baitussalam Book Shop phase 6

Shop No 4, Building No 34-C, Bukhari Lane 1 phase 6 near Tee-Emm Mart
DHA, Karachi.
Contact: 021-5848264-5

Baitussalam Book Shop Lahore

K-64, Ground floor commercial Area, main Ghazi Road phase 1, DHA, Lahore.
Contact: 0300-0508176